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The Official Magazine of Canadian Fitness Professionals



Start Conditioning **NOW!**

How to optimize performance gains in the winter months

A New **BOOTCAMP**

Creating Strong, Healthy Backs

THE Fall/Winter Conditioning ISSUE

Scroll down to next page for a "Breakfast Pizza" recipe using Ruth's Chia Goodness!

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Sunbutter Pita Breakfast Pizza

BY TERI GENTES

Perfect for breakfast, a snack, and as replenishing fuel after a workout. Ingredients can be found in the natural food sections of your grocers.

Makes one

Fast, easy, and less than 400 calories, this pizza provides approximately 11g protein, 49g carbs, over 2g Omega 3, and 8g of fibre.

1. Begin with a four-inch breakfast pita such as Muesli or Morning Grain
(All-natural and preservative free: www.pitabreak.com)
2. Spread evenly with 1½ tsp of Sunbutter (Crunchy, Original, and Organic)
(This peanut-free, real-food seed butter is rich in

Vitamin E, thiamine, and iron: www.sunbutter.com)

3. Drizzle with ½ tsp of all-natural local honey
(Unrefined, un-pasteurized honey contains trace minerals and enzymes beneficial for your health)
4. Sprinkle with 1 tbsp Ruth's Chia Goodness Cereal
(More Omega 3 than flax, more calcium than milk, and a fabulous source of protein and fibre: www.ruthsfoods.com)
5. Top with a generous sprinkle of cinnamon.
(Helps reduce blood sugar levels, lowers triglycerides/HDL, a digestive aid, anti-inflammatory, anti-fungal, anti-bacterial)

For more recipes, diet and nutritional coaching, visit www.terigentes.com or call 613.277.5817

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